

SATURDAY DRIVE-THROUGH FLU CLINIC

Laredo, TX - - The time for taking influenza precautions has arrived again and The City of Laredo Health Department (CLHD) hopes to make flu prevention easier by hosting its 3rd annual drive-thru flu clinic. Furthermore, we want to make sure that all your loved ones are protected and avoid visits to the emergency room, especially during the winter months.

The process is as easy as 1, 2, 3...

1. Drive up to our attendant and register
2. Pay your \$20. Medicare is also accepted
3. Roll up your sleeve and get your flu shot and go

When: Saturday, November 6, 2010
10:00 a.m. – 2:00 p.m.

Place: Laredo Civic Center West Parking Lot (Entrance by Garden Street)

Who: **EVERYONE** is encouraged to get the vaccine especially the high risk category that includes those who are 50 or older; pregnant women; patients with cancer, lung or heart disease, asthma, diabetes, HIV/AIDS or other chronic health disorders; and those who live with or care for an individual who fits into this category.

The flu vaccine will **NOT** be given to those who:

- are under 3 years of age;
- are allergic to eggs or egg products;
- have a fever greater than 100.5° F on the day of vaccination;
- have had a severe allergic reaction to thimerosal (a mercury derivative in contact lens cleaners); formaldehyde; or have ever been paralyzed with Guillain Barre Syndrome.

Why: The CDC advises that the seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming season. The CDC informs that influenza is the 8th-leading cause of death in the United States among people of all ages. Influenza immunization is especially important for people with compromised immune systems or certain underlying medical conditions, such as asthma, diabetes and heart disease. Influenza can worsen these conditions or cause serious complications in people who have them. Given that influenza immunization is such a simple and safe way to help protect your family's health, why not take advantage of it?

In addition to getting the flu vaccine, other preventive measures include:

- Covering your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and wash your hands.
- If you cough, cough into your elbow, sleeve, or into tissues. **Wash your hands.**
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Do not share personal items that may be contaminated with respiratory droplets.

The cost is \$20.00/vaccine for both children and adults

It is free for Medicare Part B Recipients. Please bring your card.

For more information, please contact the City of Laredo Health Department – Immunizations Clinic at (956) 795-4906 or Epidemiology at 795-4951.